



StrongBodies classes in both Rhinelander and Three Lakes

Strength training increases strength, muscle mass, and bone density and has been shown to help reduce the risk of chronic diseases such as diabetes, heart disease, osteoporosis and arthritis. So, whether you have been participating in StrongBodies regularly or would like to try it out for the first time, join us this June!!!

All abilities welcome.

Weights provided.

A suggested donation of \$20 will be accepted if able in the form of cash or check to the Oneida County ADRC.



8 week - StrongBodies Classes

Demmer Memorial Library, Three Lakes

June 1 –July 27, 2022

Mondays and Wednesdays 10:00 - 11:00 am

Aging and Disability Resource Center, Rhinelander

June 7– July 28, 2022

Tuesdays and Thursdays 9:00 - 10:00 am

To Register online: M/W Three Lakes <https://go.wisc.edu/a3c06t>

T/TH Rhinelander <https://go.wisc.edu/i8x69e>

To Register in person: stop by the ADRC or call 715-369-6170

Any Questions, please contact Terri Kolb (715) 365-2756